

# 110

Blood Sugar Level

*Joe and Charlene  
are not just  
treating diabetes.*

*They are  
beating it.*



## Join us. Be Informed. *Take control of your diabetes!*

**4 CLASS SERIES HELD MONTHLY MARCH THROUGH NOVEMBER**  
**EVENINGS 6:00 pm to 9:00 pm — Various locations in Montgomery County**

### CURRENT SCHEDULE - 2010

Aug	Sept	Oct	Nov
4   11   18   25 Wed Evenings	9   16   23   30 Thurs Evenings	7   14   21   28 Thurs Evenings	4   11   18   Dec 2 Thurs Evenings
<b>St. Mark's U.M. Church</b> 19620 White Ground Rd Boys, 20841	<b>East County Comm Ctr</b> 3310 Gateshead Manor Way Silver Spring, 20904	<b>Interdenominational Church of God (ICOG)</b> 19201 Woodfield Rd Gaithersburg, 20879	<b>Round Oak Missionary Baptist Church</b> 15812 Good Hope Rd Silver Spring, 20905

## FREE DIABETES EDUCATION CLASSES *For Prevention & Control*

*The African American Health Program invites you to come to 4 free classes designed to help African Americans learn how to manage diabetes and eliminate their higher rates of diabetes complications.*

**{ Registration Required } Call Diane 301.421.5767**

*Dinner served: \$5 per class for Montgomery County residents. Additional fees for those not residing in Montgomery County.*